



# CHILDREN'S BEHAVIORAL HEALTH SERVICES (CBHS) FREQUENTLY ASKED QUESTIONS

## WHO IS ELIGIBLE TO RECEIVE SERVICES?

A youth who:

- Is 0 up to 21 years old
- Has [MaineCare](#) (or those under age 19 with MaineCare's [Katie Beckett waiver option](#))
- Has significant impairment in functioning at home, school, or in the community
- Qualifies with a mental health diagnosis, autism, or developmental disability
- Is under age 6 and at risk of developing or exhibiting behavioral health challenges

## WHAT SERVICES DOES CBHS OFFER?

Children's Behavioral Health Services (CBHS) facilitates the provision of services for the benefit of Maine children, youth, and families. While CBHS is not a direct-service provider, our mission is to oversee and provide access to a broad range of services for children up to their 21st birthday, and their families, including:

- Mental Health
- Intellectual Disability
- Pervasive Developmental Disorders
- Developmental Disability

An array of home and community-based behavioral health treatment [services](#) are offered to meet the specific treatment needs of the youth and family:

- [Crisis Services](#)
- Care Coordination
  - Targeted Case Management
  - Behavioral Health Homes (overseen by OMS)
- Outpatient Treatment
- [Rehabilitative and Community Services \(RCS\)](#)
- [Intensive Home-Based Treatments:](#)
  - Home and Community Treatment (HCT)
  - Multi-Systemic Therapy (MST)
  - Multi-Systemic Therapy for Problem Sexual Behavior (MST-PSB)
  - Functional Family Therapy (FFT)
- [Children's Residential Treatment \(CRT\)](#)
- Medication Management
- Inpatient Psychiatric Hospital

## HOW CAN I REFER A YOUTH FOR CBHS SERVICES?

A parent or legal guardian or any support entities such as schools, primary care physicians, juvenile corrections offers with guardian permission may refer to any CBHS services.

For more information about CBHS visit the [Children's Behavioral Health website](#) or scan the QR code.



A care coordinator or other provider can help you apply for services. If you do not have [a care coordinator](#), contact the [CBHS Family Information Specialist](#) or a local [Family Support Organization](#) for assistance.

## MOBILE CRISIS SERVICES

If a child or youth in Maine is currently experiencing a mental health crisis, regardless of insurance status, please call the following number for crisis support:

**Maine Crisis Line**  
**1-888-568-1112**